



WEBINAR



**Menu Labeling Practical Applications and
Best Practices in Genesis R&D[®]**

Presented by ESHA Research

Wednesday, October 23, 2019

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT



ESHA Research

ESHA Research was established in 1981 as one of the very first nutrition software solutions. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for food and supplement formulation, recipe development, labeling, nutritional analysis, and regulatory compliance.

ESHA Solutions

- Genesis R&D[®] Food Formulation
- Genesis R&D[®] Supplement Formulation
- Food Processor[®] Nutrition & Diet Analysis
- Consulting Services

Our mission is to help remove the complexity of product development and regulatory compliance for the food, beverage, and supplement industries through software, services, and nutritional databases.



Genesis R&D[®] Foods

Genesis R&D[®] Foods, first released in 1991, is designed to help users manage processes, overcome industry challenges, and meet federal requirements. Industry professionals use Genesis R&D[®] for quick and accurate nutrient evaluation, virtual product development, nutrition labeling, and regulatory compliance.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
- Regulatory Compliance





Upcoming Webinars

Genesis R&D® Supplements 1.6 Feature Review | November 13, 2019

Genesis R&D Supplements® Version 1.6 offers new features to assist with formulation and labeling compliance. Enhancements include the ability to attach documents to Ingredients and Formulas, an alternate overage calculation method based on label claim, and UI changes designed to support product formulation. Lastly, we've published an ESHA Ingredient file that users can import into their database.

To register or view archived webinars please visit: www.esharesearch.com/news-events/webinars

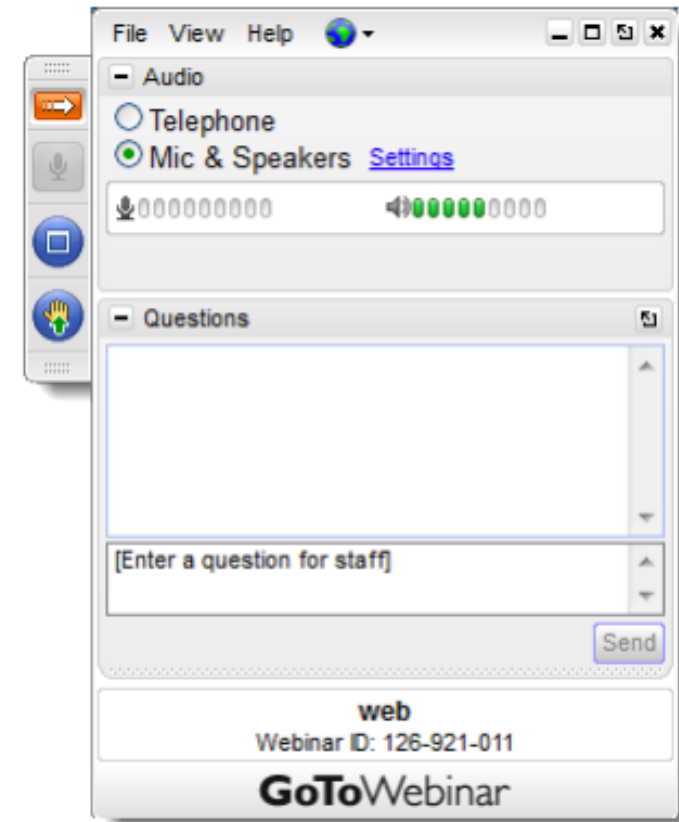
Stay tuned for more!



Please Note!

- ✓ The webinar is being recorded
- ✓ All webinars available on our website
- ✓ Submit your questions in the GoToWebinar control panel

WEBINAR



What we'll cover today

- Highlights of the Menu Label features in Genesis R&D®
- Build a Menu
- Display Calories
- Review Additional Nutrient Information
- Report Options
- Discuss Exporting



A photograph of a cafe interior. In the background, there are menu boards with various food and drink options. A display case in the foreground is filled with pastries and breads. The scene is lit with warm, ambient lighting.

Genesis R&D[®] Menu Label

Use the Genesis R&D Menu Label features to help build and analyze your menus and to comply with FDA menu labeling requirements



Menu Labeling Regulations

FDA Highlights

- Compliance Date: May 7, 2018
- Restaurants and similar food establishments that are part of a chain with 20 or more locations
- Standard menu items
- Calories displayed prominently on menus and menu boards
- Additional nutrition information available upon request

FDA Menu Labeling Requirements

<https://www.fda.gov/food/food-labeling-nutrition/menu-labeling-requirements>

FDA Menu Training Module

<https://collaboration.fda.gov/mlm2/>



There's Much, Much More

- For in-depth instruction and working through examples, register for Genesis R&D[®] training with the Menu Label focus
- Training provides a full, organizational approach to working with ingredients and creating Recipes and Menus, reporting required and desired information, and addresses questions on specific scenarios



DIG IN!



Additional Nutrients

- In addition to Calories, these nutrients must be available upon request:
 - Total Fat
 - Saturated Fat
 - Trans Fat
 - Cholesterol
 - Sodium
 - Total Carbohydrate
 - Dietary Fiber
 - Total Sugars
 - Protein
- Covered establishments may also voluntarily report:
 - Vitamins and Minerals
 - Calories from Fat – listed in the final rule, but FDA guidance allows Calories from Fat to be omitted as consistent with 2016 food labeling regulation and FDA’s current thinking

Build Menu

“Categories”

- Used to group and list menu items
- Limitless and flexible - organize your items suited to your needs and menus
- Right-click for options

Search and select foods – from your Ingredient and Recipe files

- Names
- Calories
- Price





Names

- Common Name will be used if the field is populated – otherwise, full name (which may not be as friendly)
- To add or edit the Common Name
 - Right-click
 - Open Item

Ingredient: potato salad web201910

Required

*Name: potato salad web201910

*Quantity: 100 *Measure: Gram

Optional

Common Name: Potato Salad

User Code:



Display Calories

- Display Calories along with the menu items as quick reference

Menu Label Webinar Menu Label 201910

Search

Item Name	Quantity	Measure	Total Weight (g)	Cals (kcal)
▲ <input checked="" type="checkbox"/> Entrees				
Grilled Chicken Sandwich	1	Each	230.0000	418.6000
Tuna Salad Sandwich	1	Each	165.0000	391.0500
Turkey Sub	1	Each	184.0000	270.4800
▲ <input checked="" type="checkbox"/> Side Dishes				
Potato Salad	0.333	Cup	95.0000	108.3000
BBQ Potato Chips	1	Ounce-weight	28.3495	151.8724
▲ <input checked="" type="checkbox"/> Beverages				
Water	1	Cup	237.0000	0
Chocolate Milk	1	Cup	250.0000	155.0000
Coca-Cola	12	Fluid ounce	258.0000	140.0000



Display Price

- Display price along with menu items for quick reference

Menu Label Webinar Menu Label 201910

Search

Item Name	Quantity	Measure	Price	Total Weight (g)	Cals (kcal)
▲ <input checked="" type="checkbox"/> Entrees					
Grilled Chicken Sandwich	1	Each		230.0000	418.6000
Tuna Salad Sandwich	1	Each	6.00	165.0000	391.0500
Turkey Sub	1	Each	6.00	184.0000	270.4800
▲ <input checked="" type="checkbox"/> Side Dishes					
Potato Salad	0.333	Cup		95.0000	108.3000
BBQ Potato Chips	1	Ounce-weight	2.00	28.3495	151.8724
▲ <input checked="" type="checkbox"/> Beverages					
Water	1	Cup	1.50	237.0000	0
Chocolate Milk	1	Cup	2.00	250.0000	155.0000
Coca-Cola	12	Fluid ounce	1.50	258.0000	140.0000



Calories Range

- Variable menu items
- Three or more selections
 - Multiple sizes or choices
- Combo Meals
 - Calories 690 – 830



Item Name	Quantity	Measure	Price	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)
Grilled Chicken Sandwich	1	Each	6.00	420	90	11	2	0	90	980
Huana Salad Sandwich	1	Each	6.00	390	150	17	2	0	35	580
Turkey Sub	1	Each	6.00	270	40	4.5	1	0	20	580
French Fries										
Potato Salad	1/3	Cup	2.00	110	50	6	1	0	55	310
BBQ Potato Chips	1	Ounce-w...	1.50	150	80	9	1	0	0	170
Water	1	Cup	1.50	0	0	0	0	0	0	0
Chocolate Milk	1	Cup	2.00	160	25	2.5	1	0	15	160
Coca-Cola	12	Fluid ounce	1.50	140	0	0	0	0	0	45
Meals (380 - 570 Cals)										
Chicken Sandwich with Potato Salad	1	Serving	7.00	530	150	16	3	0	150	1290
Chicken Sandwich with BBQ Potato Chips	1	Serving	7.00	570	180	20	3	0	90	1150
Huana Salad with Potato Salad	1	Serving	7.00	500	200	23	3	0	90	890
Huana Salad Sandwich with BBQ Potato Chips	1	Serving	7.00	540	230	26	3	0	35	750
Turkey Sub with Potato Salad	1	Serving	7.00	380	90	10	2	0	75	890
Turkey Sub with BBQ Potato Chips	1	Serving	7.00	420	120	13	2	0	20	760

Reports – Menu Label Report

Shows Menu Label nutrients

Can include:

- Price
- Allergens
- Ingredients
- Comments
- Additional nutrients

Item Name	Quantity	Measure	Gram Weight	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)
Entrees									
Grilled Chicken Sandwich	1	Each	230	420	90	11	2	0	90
Tuna Salad Sandwich	1	Each	165	390	150	17	2	0	35
Turkey Sub	1	Each	184	270	40	4.5	1	0	20
Side Dishes									
Potato Salad	1/3	Cup	95	110	50	6	1	0	55
BBQ Potato Chips	1	Ounce-...	29	150	80	9	1	0	0
Beverages									
Water	1	Cup	237	0	0	0	0	0	0
Chocolate Milk	1	Cup	250	160	25	2.5	1	0	15
Coca-Cola	12	Fluid ounce	258	140	0	0	0	0	0
Combo Meals (380 - 570 Cals)									
Chicken Sandwich with Potato Salad	1	Serving	325	530	150	16	3	0	150
Chicken Sandwich									

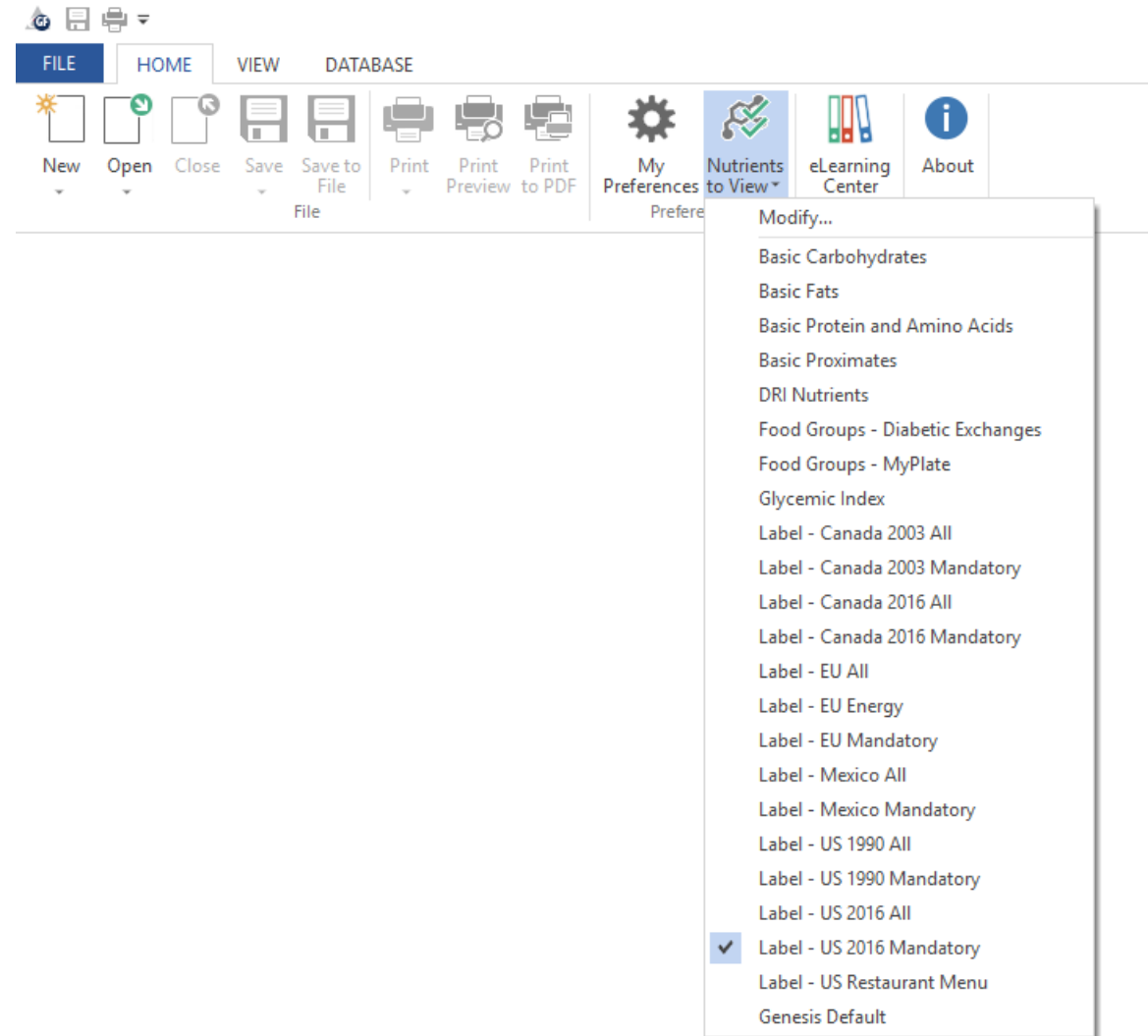
Reports – Standard Nutrient Report

- Displays the menu with the required Menu Labeling nutrients
- Includes Calories from Fat



Nutrients to View

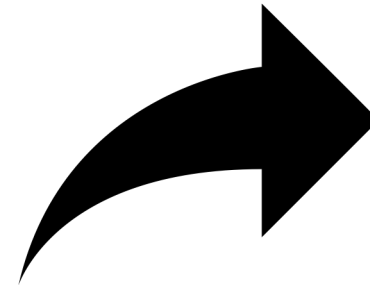
- Create a set or sets of nutrients in Genesis R&D® for display on reports





Exporting

- Export menu and data to:
 - Printed materials
 - Menu boards
 - Websites
- How:
 - Export options in the file
 - ESHA Port



~ LUNCH MENU ~

SANDWICHES: \$6

- Grilled Chicken 420 Cal
- Tuna Salad 390 Cal
- Turkey Sub 270 Cal

SIDES:

- Potato Salad \$2 110 Cal
- BBQ Chips \$1.50 150 Cal

COMBO MEALS: \$7
Includes choice of sandwich, one...

Menu Label Report: Webinar Menu Label 201910

Item Name	Quantity	Measure	Price	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)
Entrees												
Grilled Chicken Sandwich	1	Each	6.00	420	90	11	2	0	90	980	39	2
Tuna Salad Sandwich	1	Each	6.00	390	150	17	2	0	35	580	44	2
Turkey Sub	1	Each	6.00	270	40	4.5	1	0	20	580	41	2
Side Dishes												
Potato Salad	1/3	Cup	2.00	110	50	6	1	0	55	310	13	2
BBQ Potato Chips	1	Ounce-w...	1.50	150	80	9	1	0	0	170	15	2



Genesis R&D[®] Training

Genesis R&D[®] Training | November 5-7, 2019 | Oak Brook, IL

Professional *and/or* Advanced training session. The first two days cover the fundamentals of the Genesis R&D[®] Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, you can attend a third day of Advanced instruction, or just attend the Advanced session as a single day. Advanced training presents more complex scenarios and more comprehensive regulatory issues.

Genesis R&D[®] Training: Professional + Menu Label | December 4-5, 2019 | Oak Brook, IL

Instruction covers the fundamentals of the Genesis R&D[®] Food program: creating ingredients, building recipes/formulas, nutrition analysis and reporting, labeling, and best practices. In addition, the class includes direction and discussion on the 2018 Menu Labeling requirements and Menu Label features in Genesis R&D[®].

See the Full Schedule and more to come in 2020: <https://www.esha.com/news-events/training-schedule/>

QUESTIONS?



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